

## Gratitude Board

Gratitude, the act of feeling thankful and/or expressing appreciation, is good for your physical and mental health. Regularly thinking about things you are grateful for helps you feel better!

1. Gather supplies:
  - Large piece of plain paper, construction paper, or poster board
  - Markers, colored pencils, or crayons
  - Magazines or pictures
  - Glue or tape
2. Think of people, animals, and other things you are thankful for.
3. Draw or find pictures of the things you are thankful for and then glue or tape them to your paper or poster board.
4. Share your gratitude board with someone and then find the perfect place to hang it up.

